

Rediscover Health & Wellbeing Challenge


JULY 2023

This is a great time to put all lifestyle focuses together for a combo-challenge! Exercise, nutrition and sleep are all important as our bodies age to prevent chronic disease and maintain good cognition. Each week has a new focus to help you keep track of those lifestyle factors that matter most!

Document your achievements each week!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	 4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Dish Up with the Dietitian - The MIND Diet - Eating to Boost Brain Health (15 points)

Eating to Boost Brain Health Cooking Demonstration at the Aitkin Farmers Market, July 15th! (15 points). 

Please register with Hannah by July 7th

Week 1 **Move More!** Place a ✓ if you met your daily movement goal.

Movement Goal (# steps)

Week 2 **Incorporate more fruits and vegetables!** Place a ✓ if you consumed 5 servings per day.

Week 3 **Reduce your added sugar!** Place a ✓ on the days you had no added sugars in your beverages.

Week 4 **Get enough sleep!** Place a ✓ if you met your daily sleep goal.

Sleep Goal (# hours)

Total Points Earned

28 Points + 30 Bonus Points
(Total of 58 Points)